

What Is Claimed Is:

- 1 1. A tension relieving apparatus for the arms and neck comprising in combination:
2 a generally oblong shaped pillow having an exterior portion, an interior section and
3 first and second ends with each of said ends respectively attached to said first and second
4 connection members; and
5 first and second resiliently tensioned arm supporting members each respectively
6 attached to said first and second connection members.

- 1 2. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second
2 ends of the pillow are each respectively attached to said first and second connection members
3 via stitches comprised of a nylon based compound.

- 1 3. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second
2 ends of the pillow are each respectively attached to said first and second connection members
3 via cloth material stitches.

- 1 4. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second
2 ends of the pillow are each respectively attached to said first and second connection members
3 via hook and loop type connectors.

- 1 5. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second
2 ends of the pillow are each respectively attached to said first and second connection members
3 via a belt and buckle combination.

4 6. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second
5 ends of the pillow are respectively attached to said first and second resiliently tensioned arm
6 supporting members via an intermediary connecting device.

1 7. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second
2 ends of the pillow are respectively attached to said first and second resiliently tensioned arm
3 supporting members via a belt and buckle combination.

1 8. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is a latex based continuous
3 loop structure capable of demonstrating the physical properties of elasticity.

1 9. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is comprised of an elastomeric
3 material.

1 10. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is comprised of cloth and latex
3 based composition.

1 11. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is comprised of material

3 which changes shape due to an applied load and recovers its original shape when the applied
4 load is removed.

1 12. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with a foam based cushioning material.

1 13. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with a down cushioning material.

1 14. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with a cloth material.

1 15. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with a vibrator.

1 16. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with one or more cold packs.

1 17. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with one or more heat packs.

- 1 18. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion
2 is at least partially filled with a vibrator imparting heat.
- 1 19. The combination of claim 1 wherein each said pillow end includes at least two outwardly
2 projecting lobe portions.
- 1 20. The combination of claim 1 wherein the first and second ends are symmetric.
- 1 21. The combination of claim 1 wherein the first and second ends are identical.
- 1 22. A tension relieving apparatus for the arms and neck comprising in combination:
2 a generally oblong shaped pillow having an exterior portion with at least three
3 distinguishable exterior facing portions, an interior section and first and second ends with
4 each of said ends respectively attached to said first and second connection members and said
5 distinguishable exterior facing portions; and
6 first and second resiliently tensioned arm supporting members each respectively
7 attached to said first and second connection members.
- 1 23. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and
2 second ends of the pillow are each respectively attached to said first and second connection
3 members via stitches comprised of a nylon based compound.

1 24. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and
2 second ends of the pillow are each respectively attached to said first and second connection
3 members via cloth material stitches.

1 25. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and
2 second ends of the pillow are each respectively attached to said first and second connection
3 members via hook and loop type connectors.

1 26. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and
2 second ends of the pillow are each respectively attached to said first and second connection
3 members via a belt and buckle combination.

1 27. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and
2 second ends of the pillow are respectively attached to said first and second resiliently
3 tensioned arm supporting members via an intermediary connecting device.

1 28. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and
2 second ends of the pillow are respectively attached to said first and second resiliently
3 tensioned arm supporting members via a belt and buckle combination.

1 29. The tension relieving apparatus for the arms and neck of claim 22 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is a latex based continuous
3 loop structure capable of demonstrating the physical properties of elasticity.

- 1 30. The tension relieving apparatus for the arms and neck of claim 22 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is comprised of an elastomeric
3 material.
- 1 31. The tension relieving apparatus for the arms and neck of claim 22 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is comprised of cloth and latex
3 based composition.
- 1 32. The tension relieving apparatus for the arms and neck of claim 22 wherein at least one of the
2 first and second resiliently tensioned arm supporting members is comprised of material
3 which changes shape due to an applied load and recovers its original shape when the applied
4 load is removed.
- 1 33. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with a foam based cushioning material.
- 1 34. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with a down cushioning material.
- 1 35. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with a cloth material.

- 1 36. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with a vibrator.
- 1 37. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with one or more cold packs.
- 1 38. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with one or more heat packs.
- 1 39. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
2 portion is at least partially filled with a vibrator imparting heat.
- 1 40. The combination of claim 22 wherein each said pillow end includes at least two outwardly
2 projecting lobe portions.
- 1 41. The combination of claim 22 wherein the first and second ends are symmetric.
- 1 42. The combination of claim 22 wherein the first and second ends are identical.